

Downtown Fitness Schedule January 3rd – April 31st, 2017

Schedule is subject to cancellations and change. Get the YMCA of Regina Mobile App for daily updates

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning		*POWERPACING 6:15—7:15 AM LISA/RUSS	BODYBLAST 5:45-7:00 AM MARINA	*POWERPACING 6:15-7:15 AM MELODY	YOGA 6:15—7:00 AM MELODY	*POWERPACING 6:15-7:15 AM LISA	*POWERPACING 8:00– 9:00 AM MIKE
Late Morning	*POWERPACING 9:00– 10:00 AM BARRY/LEE						YOGA 9:00-10:00 AM HELEN
	BODYBLAST 11:30-12:30 PM ANDRE						*POWERPACING 9:30-10:45 AM DON/ERICA/MARGOT
Noon	**NOON CLASSES WILL RUN 12:10 TO 12:50	*POWERPACING STEPH	*POWERPACING AL	*POWERPACING LOUISE	*POWERPACING LARA/BRAD	*POWERPACING NIGEL/LEE	STEP 10:00-11:00 AM KIM/SHERALYN
		BODYBLAST KIM N./LOUISE	ABS/CORE ☺ LINDSAY	BODYBLAST LINDSAY/BRAD	BOOTCAMP ☺ LEE	BODYBLAST LOUISE	YOGA 11:15-12:00 PM ADRIAN
		STEP KIM S./SHERALYN	*YOGA LINDA/HELEN	STEP LINDA/LORETTA	YOGA DIANNE	ABS/CORE ☺ SHANE	
	PILATES HELEN	BOOTCAMP ☺ MELODY		STEP AND WEIGHTS LINDA			
Afternoon		*AGELESS CYCLE 2:00– 3:00 PM BEV		*AGELESS FITNESS 2:00– 3:00 PM CHARLES		*AGELESS FITNESS 2:00– 3:00 PM CHARLES	
Evening		POWERPACING 5:30 PM-6:30 PM ROB	*POWERPACING 5:30-6:30 PM BONI	*POWERPACING 5:30-6:30 PM BARRY/LINDSEY	POWERPACING 5:30– 6:30 PM MARGOT/ADELE/ TANIS		
		YOGA 5:30-6:30 PM JOHN/SUSAN	*YOGA 5:30-6:30 PM BEV		BODYBLAST 5:30-6:30 PM BONI		
		INTENSE INTERVALS 5:30-6:30 PM BONI	BODYBLAST 5:30– 6:30 PM KIM/SHANE				

Fitness Downtown YMCA

Want to become a fitness volunteer?!

Contact one of our Fitness Directors for more information on becoming certified!



☺ Youth Friendly Classes—Youth can attend if they've taken the Fit Start Course.

*Please see front desk to reserve for classes with limited spots!

For more information on Personal Training please contact Shane Ashby at 757-9622 ext 261 or by email at shane_ashby@regina.ymca.ca